



**National Center for
Bicycling & Walking**
1506 21st St. NW
Suite 200
Washington, DC 20036

**Here are just some of
the resources you'll find
on our web site at
www.bikewalk.org:**

***Increasing Physical Activity
Through Community Design:***
Directed at the public health
community, this booklet fea-
tures actions to make your
community more walkable

**Our Vision of what a Bicycle
Friendly and Walkable Commu-
nity looks like**

**A Community Assessment Tool,
to see how your community
stacks up to the Vision**

**The Pedestrian Design Guide
(in both .html & .pdf)**

**Our FREE biweekly e-
newsletter: CenterLines**

**A Direct Assistance section
where you can get help on
your own project**

**An on-line calendar of Training
Opportunities**

NCBW Walkable Community Workshops

What's A Walkable Community Workshop?

Walkable Community Work-
shops (WCW) are a central
piece of the NCBW's effort to
provide direct assistance to
communities. The workshops,
made possible in part by a
grant from The Robert Wood
Johnson Foundation, bring
together elected officials,
public agency staff, public
health practitioners, planners,
engineers, and advocates to
focus attention on making
communities more walkable.

The program concentrates on
identifying real-world prob-
lems and hands-on solutions
for each community. During a
four-hour workshop the par-
ticipants identify opportuni-
ties to reduce barriers and en-
hance opportunities for walk-
ing in their community, and to
build consensus on what
needs to be done to improve

conditions for pedestrians.

Expert trainers lead workshop
participants in develop-
ing a vision for a walk-
able community. They
highlight ways in which
land use and transporta-
tion decisions affect
walking, health, physical
activity, and livability.
The trainers are experi-
enced professionals
from diverse back-
grounds and fields of
work, including planning,
transportation engineering,
public health, pedestrian pol-
icy, and program develop-
ment.

In 2003 the NCBW will pre-
sent Walkable Community
Workshops to communities in
nine Metropolitan Planning
Organization (MPO) regions.

During this series of work-
shops, more than 1,500 par-
ticipants will learn the basics



A local "walkabout" is a feature of each
Walkable Community Workshop

of how to create a walkable
community and identify ac-
tions they can take to make it
happen.

For more about the WCW
program, visit the National
Center for Bicycling & Walk-
ing's web site at:

<http://www.bikewalk.org>

About The NCBW

The National Center for Bicy-
cling & Walking (NCBW) is
a national, nonprofit [501(c)
(3)] corporation established in
1977. Our mission is to create
bicycle-friendly and walkable
communities.

In 2001, the NCBW was
awarded a multi-year grant
from The Robert Wood John-
son Foundation (RWJF) to
provide information and re-
sources to communities and

professionals working to cre-
ate more activity-friendly
communities. The grant is
part of RWJF's efforts to pro-
vide improved opportunities
for Americans to be physi-
cally active on a daily basis in
the communities where they
live and work.

The NCBW works with local,
state, and national bicycle,
pedestrian, and transportation
advocates to bring about

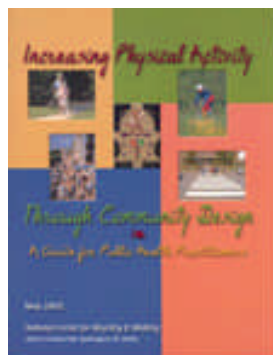
changes in government poli-
cies, programs, and proce-
dures to help create more bi-
cycle friendly and walkable
communities.

You can learn more about
NCBW and our work at
<http://www.bikewalk.org>.

Get Your Copy of *Increasing Physical Activity Through Community Design*

The National Center for Bicycling & Walking (NCBW) has just re-issued its popular guide, *Increasing Physical Activity Through Community Design*. This 48-page guide focuses on how to make communities more bicycle-friendly and walkable.

To order printed copies, use this online form: <http://www.bikewalk.org/PubHealth.htm>.



"Increasing Physical Activity Through Community Design" is available at www.bikewalk.org

You can also download the booklet in the .pdf format, or view it in your browser using the links to the right.

The *Increasing Physical Activity* guide is designed to provide public health practitioners and others an introduction to increasing physical activity through better community design, specifically by making it easier and safer to walk and bicycle. It presents an introduction to community design issues, and describes

seven kinds of projects that can help create more bicycle-friendly and walkable communities. It also discusses how such projects get funded, and presents an array of resources to help with implementation.

In addition to the print version, the full-color *Increasing Physical Activity* guide is available as both .html (browser viewable) and as portable document files (.pdf). You can download the entire booklet in a single file if you have a reasonably fast connection to the Internet, or you can download four smaller files which make up the entire booklet.

General Resources

A wealth of resources are available on the Internet for those who want to know more about pedestrian facility design and planning and how to make their community more walkable.

National Center for Bicycling & Walking
<http://www.bikewalk.org>

Pedestrian & Bicycle Information Center
<http://www.walkinginfo.org/>

America Walks (Coalition of Pedestrian Advocacy Groups)
<http://www.americawalks.org/>

Transportation Enhancements Clearinghouse
<http://www.enhancements.org/>

Many of these resources are available on or are linked directly from the NCBW web site at <http://www.bikewalk.org>

Safe Routes to School
<http://www.saferoutestoschools.org/>

Walking School Bus
<http://www.cdc.gov/nccdphp/dnpa/kidswalk/>

Walk to School Day
<http://www.walktoschool-usa.org/>

US DOT Policy Statement on Integrating Bicycling and Walking into Transportation Infrastructure
<http://www.fhwa.dot.gov/environment/bikeped/Design.htm>

Proposed new ADA guidelines
<http://www.americawalks.org/news/clippings/prow.htm>

Good Pedestrian Plans and Design Guidelines (from the PBIC: www.walkinginfo.org)

Portland Pedestrian Master Plan
One of the first comprehensive pedestrian plans for a city; complemented by a detailed design manual for pedestrian facilities.
www.trans.ci.portland.or.us/Plans/PedestrianMasterPlan/default.htm

Cambridge Pedestrian Plan
Beautifully produced and thorough plan incorporating specific suggestions for

sites throughout the city, design guidelines, links to other modes, and more.
www.ci.cambridge.ma.us/~CDD/envirotrans/walking/pedplan

Wisconsin Pedestrian Policy Plan 2020

One of the few statewide pedestrian plans focuses on the policies and programs that will help improve conditions for walking.
www.dot.wisconsin.gov/projects/state/ped2020.htm

Florida Pedestrian Facilities Planning and Design Handbook

A detailed manual on pedestrian facility planning and development. Thorough coverage of planning factors, design detail and more.
www11.myflorida.com/Safety/ped_bike/ped_bike_standards.htm

More examples of good pedestrian plans and design guides:
www.walkinginfo.org/pp/exemplary.htm#2